



## Ten Thousand Meters

by Claude La Chute

Ten K, I replied to the registrar at the [Great Pumpkn Challenge](#), held at Saratoga Spa Park on October, 21st. He was delighted. Too many were signing up for the 5K. Five hundred competed in both races which were run simultaneously on the basically flat, scenic course through the park.

The 5K is popular but the 10K is not dead, but making a resurgence. Here are a few more area events.

Working backwards, a 10K just before the GPC was a 10 and 5K held at Fish Creek. The [Stride for Pride](#), contested on September 24th, took place on the roads around Fish Creek Campsite. The 5K was flat, but the 10K which started simultaneously, had some speed bumps. Very scenic!

A 10K previous to that was held at Chestertown on September, 16th. The race called [The Helpers Fund 5 and 10K](#), and it was run on the same weekend as the Schroon Lake Marathon and Half. It was well run; there was plenty of food and an interesting and twisty course.

Another notable 10K is the Church to Church (September 6th) race that ends at St. Patrick's in Port Henry. That 10K is entirely downhill. The funds collected go to restore the clock in St. Patrick's steeple. Excellent food! Officials plan to eliminate some of the steep downhill sections for next year.

And of course working backwards again still, is the [Heritage 10K](#). This race has a downhill section, but to get there, there is an up hill section, but only one. The last close race is Operation Santa Claus which will be contested in November.

In conclusion, the 5K is great for speed, but keying on 10K gives a runner greater flexibility.

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## Treasury Report

In the regularly La Chute Road Runner's account we now have \$ 1,340.86.

In the special savings account, (Scholarship Fund) we have \$ \$ 8,229.94.

## Races

[Operation Santa Claus](#)

5K and 10K

11/18/06

Peru Turkey Trot  
(Check newspapers)

5 and 10K

11/23/06

[Reindeer Run](#)

5 K

12/09/06

## The Foot Race at Fort Ticonderoga 2006

### Results and Pictures

The popular 5K cross country race was held on October 7th and contested by 99 runners. Here is a partial list of early area finishers:

1	17:46	Jay Wells	Ticonderoga	NY	M	26
2	17:53	Kevin Beck	Ticonderoga	NY	M	36
3	18:39	Michael Lonergan	Ticonderoga	NY	M	17
6	20:05	David Burrows	Ticonderoga	NY	M	41
7	20:15	Jay Berube	Putnam	NY	M	13
14	21:04	Tom Pike	Ticonderoga	NY	M	32
15	21:08	Shawn McBride	Ticonderoga	NY	M	18
19	21:40	Tavish Costello	Hague	NY	M	24
22	22:05	Matthew Nolan	Ticonderoga	NY	M	13
28	23:05	Patrick Lonergan	Ticonderoga	NY	M	14
29	23:13	Alex Durkota	Ticonderoga	NY	M	15
37	25:03	Karen Costello	Hague	NY	F	51
38	25:03	Tracy Smith	Ticonderoga	NY	M	49
41	25:11	Glen Chapman	Ticonderoga	NY	M	51
43	25:23	Katie Karkoski	Ticonderoga	NY	F	14
48	26:20	Dave Rutkowski	Ticonderoga	NY	M	60

### Reach the Beach Relay

September 15 to 16th

#### **Adirondack Flash team:**

Andy Hastings  
John McDonald  
Tonya Lackey  
Tim Lawless  
Chris Mazella  
Mike Francia,  
Mike Graney  
Steve Broadwell  
Jay Wells  
Joe Mello

The Reach the Beach Relay is the longest running relay race in the United States, taking place in picturesque New Hampshire during the start of the New England foliage season. The relay consists of (a maximum of) 12 person teams that rotate through 36 transition areas as they cover the approximate 200 mile distance of the race.

**Place:** 121 out of 296 teams  
**Pace:** 8:27 per mile  
**Total Time:** 9:33:50

